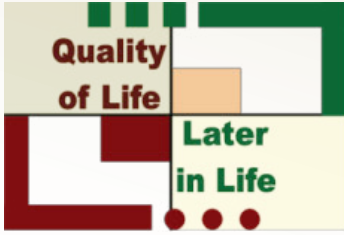


THE SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 4 April, 2025

What's Happening

- Page 2 Lifelong Learning/ Special Events
- Page 3 Volunteer Celebration
- Page 4 Lifelong Learning
- Page 5 Lifelong Learning
- Page 6 Nutrition Program
- Page 7 Dining Calendar
- Page 8 Activity Calendar
- Page 9 Celebrate Your Inner Artist!
- Page 10 Health & Wellness
- Page 11 Recipe
- Page 12 Join Us for Activities
- Page 13 Game Time!
- Page 14 Support Groups & Free Services
- Page 15 Drive-Thru Meals & Parking
- Page 16 Volunteer Opportunities
Featured Volunteer
- Page 17 Health Maintenance
- Page 18 BCSAP Policies
- Page 20 Understanding the Nutrition Facts Labels
- Page 21 Seasonal Allergies
- Page 22 This 'n That
- Page 23 Thank You Donors
- Page 24 Subscription Form, Council, Staff & Advisory Committee



PLEASE NOTE: SIGN UP FOR MARCH MEALS AND ACTIVITIES WILL BEGIN ON MARCH 24.

Lifelong Learning / Special Events

NOURISH: FOOD SAFETY

Safe food handling is as important at home as it is in the community and a business. Learn how to guard against allergen exposures and handle food safely to prevent food-borne illnesses. Join Shelly Kuntz from NDSU Extension on Wednesday, April 30 at 10:00 am as she discusses this very important health topic.

LIVING LONGER AND LIVING BETTER

According to United Nations estimates, approximately 722,000 people worldwide are 100 years old or older (also known as centenarians). In many parts of the world, it is common for people to live, very healthily, to 100 and beyond without modern medicines. Join Paul Schneider on April 15 at 10:00 am for an interactive discussion on living longer and better.

DEMENTIA CONVERSATIONS

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This session will provide tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care. Join Joan Danks from the MN-ND Chapter of the Alzheimer's Association on Tuesday, April 1 at 10:00 am to learn more.

GET-TO-KNOW-THE-HARP

The **harp** is a stringed musical instrument that has individual strings running at an angle to its soundboard; the strings are plucked with the fingers. Harps can be made and played in various ways, standing or sitting, and in orchestras or concerts. Its most common form is triangular in shape and made of wood. Some have multiple rows of strings and pedal attachments.

Join Amariah Pearlstein on Tuesday, April 22 at 10:00 am and Get-To-Know-the-Harp! She will provide more information and demonstrate how to play the harp.

MUSIC AND CASH-WA FOOD SHOW

Join us on Wednesday, April 16 for special activities!

First, Vic Schwan will provide musical entertainment from 12:30 – 1:30 pm.

Then from 2:00 - 4:00 pm, representatives from Cash-Wa Distributing will provide us with samplings of new food products which could potentially be used for our Senior Center menus! YUM!

MUSIC

On Thursday, April 3, at 12:30 pm, musical entertainment will be provided by Milt Bradford. Hay Creek Lodge will also be here serving punch from 11:30 am until gone!



**EASTER CELEBRATION
THURSDAY, APRIL 10
10:00 am — 1:30 pm**

SCHEDULE OF EVENTS

10:00 am Punch and Socializing

12:00 pm Lunch is Served
Glazed Ham, Hashbrown Casserole,
Peas & Carrots, WG Dinner Roll and
Blueberry Cheesecake Parfait

12:30 pm Special Music by Duane Kurlle

The meal will be served beginning at 12:00 noon. The number of meals is limited and tickets are required for both congregate meals and drive-thru meals. Please see page 18 for information on the **NEW SPECIAL/HOLIDAY MEAL SIGN UP POLICY**.

You **DO NOT** need a meal ticket to join us for the music. All other afternoon activities will be cancelled for this special event.

BCSAP Volunteer Appreciation Celebration

Annual Volunteer Appreciation Celebration

Thursday, April 24, 5:00 pm

Volunteers:
Please mark your calendar and watch your mailbox for your exclusive invitation for you and a guest to attend.

Note: The Senior Center will close at 1:00 pm to prepare for this celebration.



The Senior Sentinel | 3



- Full-Time Residency
- Adult Day Services
- Respite Care

4217 Montreal Street • Bismarck, ND 58503
(701) 223-4133

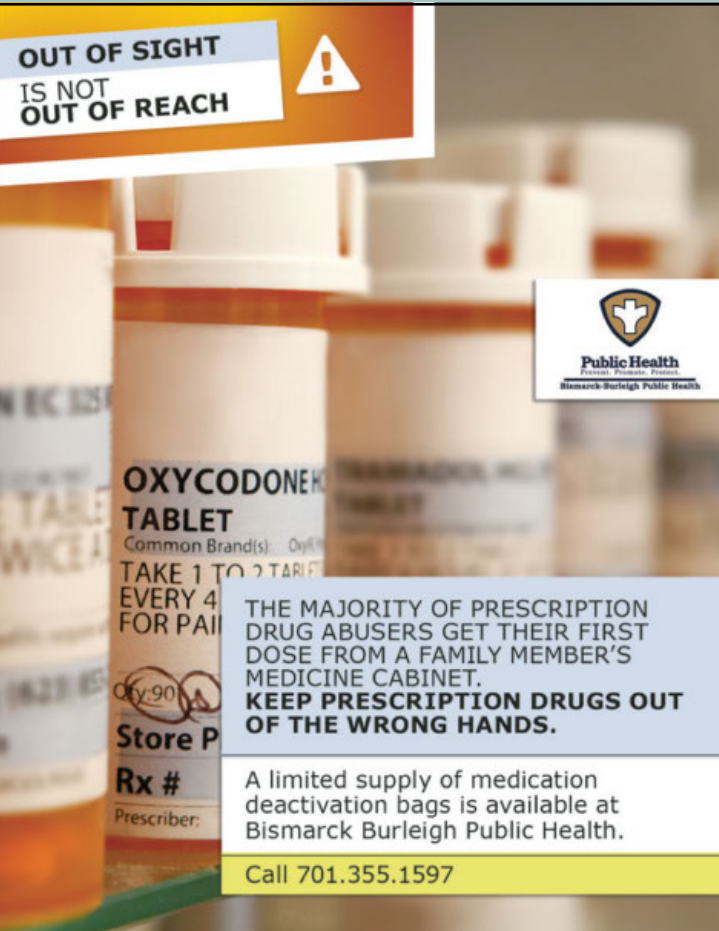


SINCERI
Senior Living

HAY CREEK LODGE
SENIOR LIVING

1144 College Drive • Bismarck, ND 58501
701-222-8183 | www.sincrienorliving.com/hay-creeklodge

SCHEDULE YOUR TOUR TODAY
Independent Living
Assisted Living



OUT OF SIGHT IS NOT OUT OF REACH

Public Health
Bismarck-Burleigh Public Health

OXYCODONE TABLET
Common Brand(s): OxyContin
TAKE 1 TO 2 TABLETS EVERY 4 HOURS FOR PAIN

THE MAJORITY OF PRESCRIPTION DRUG ABUSERS GET THEIR FIRST DOSE FROM A FAMILY MEMBER'S MEDICINE CABINET. KEEP PRESCRIPTION DRUGS OUT OF THE WRONG HANDS.

A limited supply of medication deactivation bags is available at Bismarck Burleigh Public Health.

Call 701.355.1597

Lifelong Learning



CURIOSITY STREAM Join us for these programs on Thursdays at 9:30 am.

April 3: Whale Wisdom

Whales have long been a profound mystery to us. They live in a world so removed from our own that we can barely imagine their lives. Their environment is different, their senses are different, their relationships are different. How might such almost alien creatures see the world?

April 10: No Curiosity Stream

April 17: Lions: Africa's Super Power

The endless plains of East Africa is a paradise for lions. The most social of all cats, lions form prides that are unlike any other animals. Together, they'll hunt, raise their young and defend their territory. The pride welcomes new babies every year, but new children bring new dangers.

April 24: The Enchanted Forest

There are few places on the planet that are more magical than the forest. To spend a day there is nature's way of offering a spa, a bath in nature. There is enchantment at every turn.



The Book Club meeting will be held on Monday, April 28 at 1:00 pm in the Library, with Arlene Havig leading the discussion. The book for discussion will be announced and available for pick up at the March meeting.



GIFTS & TIPPING

Many participants like to give gifts to staff. Treats will be graciously accepted if they can be shared with ALL staff members. However, BCSAP prohibits staff from receiving personal gifts or tips of any kind. If you would like to 'tip' a staff member, they must refuse to accept it and will suggest that this amount be placed in the donation box instead. Thank you!

NUTRITION FOR A HEALTHY LIFESTYLE

ND Health & Human Services-Adult & Aging Services is offering a webinar designed specifically for nutrition program participants. Learn from Lisa Bixby, a dietitian, about the importance of nutrition, key nutrients for older adults, and tips for making healthy food choices. Get your questions answered and take steps towards a healthier lifestyle. Don't miss this information and empowering session on Thursday, April 17 at 10:30 am.



AARP FOUNDATION TAX-AIDE

AARP Foundation Tax-Aide will provide free tax preparation assistance through April 11.

Appointments are required and can be made by calling 701-354-5273. Please note that this is a new phone number from past years.

Appointments can also be made online at aarpfoundation.org/taxaide. Pre-appointment packets should be completed prior to your appointment and can be picked up at the Senior Center Client Services Desk, Bismarck Veterans Library, Morton-Mandan Library and Dream Center.

Lifelong Learning



HELP!

COMPUTER/TECH SUPPORT

Digital technology, including the Internet, computers, smart phones and social media, is an important component of modern life. Nowadays, almost all services require the use of technology to access them. But what if you don't know how to do this? Now, we can help!

On Tuesdays from 12:30 to 3:00 pm, Mike and Dean will be on hand to help you. Whether you need some assistance on how to use that new smart phone, or need help with accessing a service online, they will assist you.

This service is available by appointment only. Please call 701-255-4648 or stop by the Client Services Desk to schedule your half-hour appointment. Please let us know what kind of assistance you need and bring your device, paperwork, or anything necessary for them to assist you.

SENIOR CENTER TOUR

Ever wonder what goes on at the Senior Center? Now is your opportunity to find out! If it is your first time or you have been attending for a while, you will discover something new about our facility and programs. Join our tour guides, Nanc and Norma on Monday, April 21 at 1:00 pm in the Dining Room. The session will include:

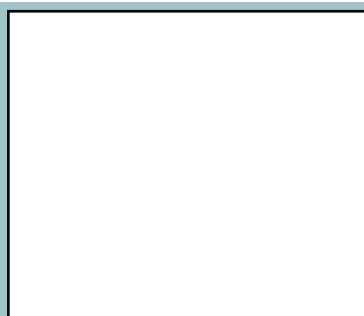
- Orientation
- Tour
- Q&A Session
- Coffee and a Treat



Please call 255-4648 or stop by the Client Services Desk to sign up for this session.

EASTGATE
FUNERAL & CREMATION SERVICE
2302 E. Divide Ave - Bismarck, ND 58501
(701) 223-7322 - www.EastgateFuneral.com

PARKWAY
FUNERAL & CREMATION SERVICE
2330 Tyler Parkway - Bismarck, ND 58503
(701) 223-1100 - www.ParkwayFuneral.com



THE TERRACE

Basic Care



Call for a Tour 701-258-1980 • terraceadmin@bchabis.com

Dakota HOME CARE




LET US HELP YOU
Medical and non medical in home care services for short or long hour care-Homemaker services, meal prep, personal care, transportation, medication management, companionship, veteran services and more.

Call us today for a free in-home consult. We are a locally and family owned and licensed by the North Dakota health Dept.

300 W Century Ave, Suite B • Bismarck, ND 58503
Contact us at: 701-354-9410



CRESCENT MANOR



55+ INCOME-BASED APARTMENTS
(701) 255-2540 | BURLEIGHCOUNTYHOUSING.COM

HOSPICE
RED RIVER VALLEY

Making each moment matter,
For You, For Them, For Us.

www.hrrv.org | 800.237.4629
f t i questions@hrrv.org



Nutrition Program

BCSAP NUTRITION PROGRAM


The BCSAP Nutrition Program offers a variety of meal options for older adults. Congregate meals, drive-thru/take out meals, home-delivered meals and frozen meals are options for you to choose from.

Congregate Meals are provided in a group setting with an opportunity for socializing with others. Congregate meals are available Monday through Friday at the Burleigh County Senior Center and Crescent Manor in Bismarck.

Drive Thru/Take Out Meals are available to those who choose to not participate in a congregate setting. These meals may be picked up by the client, or a family member, friend, case manager, etc. Drive Thru/Take Out meals are available Monday through Friday at the Burleigh County Senior Center and Crescent Manor in Bismarck.

Home-delivered Meals (hot or frozen) are provided to clients within Burleigh County. Within Bismarck city limits, meals are delivered Monday through Friday. Outside of city limits, meals are delivered weekly.

Frozen Meals are available for weekends and evenings. These meals are flash frozen at the Burleigh County Senior Center and are a great alternative to those found in the grocery store.

 **Mom's Meals** are available to clients in need of a medically-tailored meal or to those living in the rural areas of Burleigh County.

Meals are made fresh and shipped directly to your home. Meals will stay fresh in the fridge for up to 14 days. You may also place in the freezer for up to three months. After your initial shipment of meals, you are able to choose the meals you receive.

Medically-tailored meals include: lower sodium, vegetarian, pureed, renal-friendly, protein plus, heart-friendly, diabetes-friendly or gluten-free. A letter from your doctor is required to receive these meals. Rural residents will receive general wellness meals, unless they have need of a medically tailored meal.

For information on receiving Mom's Meals, please call 255-4648, Option 4.

OAA REQUIREMENTS

Under the Older Americans Act, each meal served must provide at least one third of the daily nutrition needs for older adults. It must also include a food item from every food group. Each meal includes:

- Protein – minimum of 3 ounces
- Vegetables – 2 servings
- Fruit – 1 serving
- Whole Grains – 2 servings
- Dairy – 1 serving

Suggested donation is \$5.50/meal. The meal price for those under 60 is \$12.00. SNAP/EBT and credit/debit cards are accepted. No one 60 or older is denied meals due to their inability or unwillingness to make a donation.

OAA federal regulations require individuals age 60 and older to complete a meal assessment to participate in the Nutrition Program. Meal Clients are required to update their assessment annually. Individuals are notified when their assessment is due for updating.

MEAL RESERVATIONS: PLEASE CALL AT LEAST ONE DAY IN ADVANCE TO MAKE A RESERVATION OR CANCEL YOUR MEAL!

—For Congregate, Drive Thru or Frozen meals at the Burleigh County Senior Center, call 255-4648, Option 1 or stop by the Client Services Desk (from 8:00 am to 3:30 pm)

—For Home-delivered meals, including meals for rural Burleigh County residents, call 255-4648, Option 2

—For Congregate or Take Out meals at Crescent Manor, call 258-6646 (from 10:00 am to 2:30 pm)

MEAL SCHEDULE

Burleigh County Senior Center:

- Drive-Thru Meal Service: 11:15 am - 11:45 am
- Congregate Meal Service: 12:00 pm - 12:30 pm

Crescent Manor:

- Congregate Meal Service at 11:45 am
- Take Out Meal Service at 12:15 pm

April Dining Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Baked Chicken Breast Glazed Sweet Potatoes Seasoned Green Peas Fresh Cantaloupe	2 Swedish Meatballs Mashed Potatoes Herbed Green Beans Chilled Tropical Fruit WG Dinner Roll	3 Stuffing Topped Pork Chop Buttered Red Potatoes Country Trio Vegetable Blend Fresh Apple	4 Beer Battered Shrimp Seasoned Potato Wedges Steamed Broccoli Fruited Gelatin
7 Swiss Steak Baked Potato with Sour Cream Scandinavian Blend Pears and Pineapple	8 Beef Stroganoff over Mashed Potatoes Steamed Asparagus Watermelon	9 Oven Fried Chicken Chive Mashed Potatoes Creamy Coleslaw Fresh Banana Fresh Biscuit	10** Glazed Ham Hashbrown Casserole Peas & Carrots Blueberry Cheesecake Parfait WG Dinner Roll	11 Baked Cod with Garlic Butter Wild Brown Rice Pilaf Steamed Garden Vegetable Blend Apple Crumble
14 Cabbage Rolls Garlic Mashed Potatoes Steamed Vegetable Medley Asst. Applesauce Cup	15 BBQ Ribs Bacon Green Beans Potato Salad Corn Bread Cinnamon Apples	16 Berry Burst Chicken Salad Fresh Orange WG Blueberry Muffin	17 BBQ Beef Sandwich on WG Bun Seasoned Potato Wedges Mixed Vegetables Peaches	18 GOOD FRIDAY CLOSED
21 Chicken Kiev Seasoned Tri-colored Potatoes Monterey Vegetable Blend Asst. Fruit Cup	22 Sweet & Sour Chicken Vegetable Fried Rice Vegetable Egg Roll Mandarin Orange Fortune Cookie	23 Italian Pasta Bake Marinated Vegetable Salad Seasoned Zucchini Peaches & Blueberries	24 Chicken Cordon Bleu Roasted Sweet Potatoes Capri Vegetable Blend Fruit Cocktail	25 Open Face Hot Hamburger Garlic Mashed Potatoes Mixed Vegetables
28 Bolognese Lasagna Roll-Up (red beef sauce) Steamed Broccoli, Carrots & Cauliflower Chunky Fruit Garlic Breadstick	29 Roast Beef Mashed Potatoes with Gravy Candy Corn Vegetable Medley Creamy Fruit Salad	30 Rotisserie Baked Chicken Baked Sweet Potato Squash Medley Berries with Whipped Cream		



****Thursday, April 10
is a Special/Holiday Meal.**

**A ticket for that day's meal is required for both
Congregate and Drive-thru dining.
See page 2 and 18 for more information.**

**Each meal is served with 8 oz. of 1% milk
and 2 slices of whole grain bread
(unless otherwise indicated).
Coffee and water is served at meal sites.**

MENU SUBJECT TO CHANGE!

April Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Strength Finders 9:15 Advisory Committee 10:00 Dementia Conversations 12:30 Birthday/Anniversary Celebration 12:30 Comp/Tech Support 12:30 Whist 12:45 Farkel 1:00 Hand & Foot 1:00 Trivia / Bridge 1:00 Line Dancing	2 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:00 Low Vision Group 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle / Bingo 1:30 Caregiver Connections	3 9:00 Strength Finders 9:30 Curiosity Stream 10:00 Strength Finders 12:30 Music by Milt Bradford 1:00 Hand & Foot 1:00 Bridge 1:00 Cornhole 1:00 BUNCO	4 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
7 9:00 Chair Exercise 9:30 Art from the Heart 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	8 9:00 Strength Finders 9:00 Easter Bunny w/Alice 12:30 Comp/Tech Support 12:30 Whist 12:45 Farkel 1:00 Quilting Group 1:00 Bridge 1:00 Variety of Games 1:00 Line Dancing 1:00 Hand & Foot	9 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle / Bingo 1:30 Caregiver Connections 1:30 Legal Services	10 9:00 Strength Finders 9:30 Yoga Talk 10:00 Easter Celebration (see page 2) 10:00 Strength Finders 11:00 Walk This Way 11:00 Alliance for Hearing BOOKMOBILE No Afternoon Activities	11 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
14 9:00 Chair Exercise 9:30 Art from the Heart 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	15 9:00 Strength Finders 10:00 Living Longer & Living Better 12:30 Comp/Tech Support 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Trivia 1:00 Line Dancing 1:00 Hand & Foot	16 9:00 Standing Yoga 10:00 Coffee w/Cop 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 12:30 Music by Vic Schwan 12:45 Strength Finders 1:00 Pinochle / Bingo 1:30 Caregiver Connections 2:00 Cash-Wa Food Show	17 9:00 Strength Finders 9:30 Curiosity Stream 10:00 Strength Finders 10:00 Computer/Phone Basics 10:30 Nutrition for a Healthy Lifestyle Close at 2:30 pm No Afternoon Activities	18 GOOD FRIDAY CLOSED
21 9:00 Chair Exercise 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Senior Center Tour	22 8:00 Quilting Group 9:00 Strength Finders 10:00 Get to Know the Harp 12:30 Comp/Tech Support 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Variety of Games 1:00 Line Dancing 1:00 Hand & Foot	23 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle / Bingo 1:30 Caregiver Connections	24 9:00 Strength Finders 9:30 Curiosity Stream 9:30 Yoga Talk 10:00 Strength Finders 1:00 BCCA Meeting Close at 1:00 pm No Afternoon Activities 5:00 pm Volunteer Appreciation Celebration	25 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
28 9:00 Chair Exercise 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Book Club	29 9:00 Strength Finders 9:30 Watercolor with Pauline 12:30 Comp/Tech Support 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Line Dancing 1:00 Hand & Foot	30 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:00 Food Safety 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle / Bingo 1:30 Caregiver Connections	DAILY Coffee Bar: 8:00 -10:30 am Wednesday is Caramel Roll Day Beginning at 8:30 am! Pool: 8:30 am - 4:00 pm SCHEDULE SUBJECT TO CHANGE.	

Celebrate Your Inner Artist!

ART FROM THE HEART

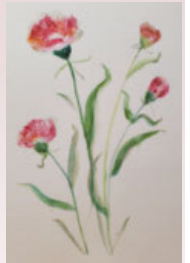
Join Nina in the Craft Room on Monday, April 7 at 9:30 am as she leads a class in creating an acrylic painting of an Umbrella with Flowers and on Monday, April 14 at 9:30 am as she leads a class in creating a watercolor floral painting.



There is a 10 person limit for each class and a \$5 suggested donation which can be made when you arrive. Stop by the Client Services Desk or call 255-4648 to reserve your spot.

WATERCOLOR WITH PAULINE

Join Pauline in the Craft Room on Tuesday, April 29 at 9:00 am as she leads a class in creating a watercolor painting of carnations.



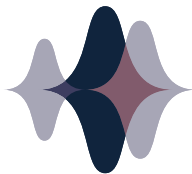
There is a 10 person limit for each class and a \$5 suggested donation which can be made when you arrive. Stop by the Client Services Desk or call 255-4648 to reserve your spot.



EASTER BUNNY CLASS WITH ALICE

Join Alice on Tuesday, April 8 at 9:00 am to create this fun Easter Bunny! There is an 8 person limit for each class and a \$5 suggested donation which can be made when you arrive. Stop by the Client Services Desk or call 255-4648 to reserve your spot.

The Senior Sentinel | 9



ALLIANCE CENTER FOR HEARING

Ear cleanings, hearing aids, cochlear implants, hearing evaluations, tinnitus treatment, hearing protection.



Dr. Amanda Leddige and Dr. Jessica McLindsay
We offer a 60 day trial period.

4900 Ottawa St. Suite 300 • Bismarck, ND

(701) 751-6232

alliancecenterforhearing.com



BISMARCK SENIOR HOME CARE

Experienced local senior care for total peace of mind.

PROVIDING: Transportation Services • Light Housekeeping
Medication Reminders • Hygiene Services • Bathing/Dressing
Companionship Services • Meal Preparation • Grocery Shopping

701-250-1800
bismarckseniorhomecare.com

Taking care of the elderly and disabled with love, compassion, and expertise.



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Burleigh County Senior Adults Program, Bismarck, ND

C 4C 05-0634

Health & Wellness

FITNESS CLASSES

Registration for the 8 week session for April 20 through June 21 is closed.

Registration for the next 8-week session (June 22—August 23) will begin on **June 2 at 9:00 am.**

Standing Yoga (Session Fee \$20.00)

Wednesdays, 9:00 am

This class is designed with the mature body in mind. Jessica will lead you through a carefully crafted set of poses, using chairs and props to create a space where you will feel safe. Overtime you will gain strength, flexibility and balance while incorporating breathing techniques to help relieve tension, anxiety and gain mental clarity.

(Limited to 10/class.)

Chair Yoga (Session Fee \$20.00)

Fridays, 9:30 am

Chair Yoga will help you increase your strength, flexibility and balance while relieving stress and tension, all while using a chair for balance.

(Limited to 15/class.)

Line Dancing

Tuesdays, 1:00 pm

In this class, you will learn a variety of line dances and western struts. It is a fun and social way to exercise. No partner needed!

(Limited to 10/class.)

Strength Finders

Group 1—Tuesdays/Thursdays, 9:00 am

Group 2—Mondays/Wednesdays, 12:45 pm

Group 3—Wednesdays/Fridays, 10:45 am

Group 4—Mondays/Thursdays, 10:00 am

Strength Finders is a specific, strength-training program designed to address osteoporosis risks that so often lead to the loss of independent living. The program focuses on controlled movements to improve balance and weight, which are critical factors in reducing the risk for osteoporosis fractures. (Limited to 12/class.)

“Feel the Drum”

Mondays, 11:00 am

Instructed by Maxine Doll and Debbi Hegney, this class uses movement through drumming to benefit both the mind and body. Build muscle stamina, relieve stress, improve coordination and stimulate brain function. ALL WHILE

HAVING FUN! (Limited to 10/class.)

YOGA TALK WITH BONNY & MARLENE

Chair yoga instructors Bonny and Marlene are going “beyond the mat” to help you learn more about yoga! April presentations include:

Thursday, April 10 at 9:30 am

Chakra Journey from the Beginning

Thursday, April 24 at 9:30 am

Chakra: Connecting with the Earth

You may attend this class in person in the Library at the Senior Center or join in via Zoom from your home computer. Please stop by the Client Services Desk or call 255-4648 to register.

WALK THIS WAY



Lace up your tennis shoes and pump up your heart! Join Katie Johnke on Thursday, April 10 at 11:00 am in the South Conference Room. Please stop by the Client Services Desk or call 255-4648 to sign up.

CHAIR EXERCISE CLASS

McKenzie Dockter will lead this class which will help you move your whole body, mostly from the comfort of your chair. Time will be spent testing your balance near your chair as well. The goal is to leave class feeling warm and awake!

This class is offered on Mondays at 9:00 am.

There is a limit of 12 people for this class. Sign up at the Client Services Desk or call 255-4648.

DID YOU KNOW...

You can use the Fitness Room on your own?

The Fitness Room is available between classes for individual use. You may use the stationary bicycles, DVDs and weights.

You can use the Fitness Room as a starting point for walking laps?

Twenty laps around the Dining Room equals one mile. What a great way to get your steps in!

Please stop by the Client Services Desk if you need assistance.

Recipe

CREAMY TOMATO SMOKED SAUSAGE AND ASPARAGUS TORTELLINI

Recipe courtesy of the Michigan Asparagus Advisory Board
Servings: 6

- 1 tablespoon olive oil
- 1 pound smoked turkey sausage, sliced into bite-sized rounds
- 1 clove garlic, minced
- 1 2/3 cups chicken broth
- 1 can (15 ounces) tomato sauce
- 3/4 cup heavy cream
- 18 ounces cheese tortellini
- 1/2 lb fresh asparagus, trimmed and cut into bite-sized pieces



In large rimmed skillet, heat olive oil over medium heat.
Add sausage and brown on both sides. Add garlic and stir until golden, 20-30 seconds.
Add broth, tomato sauce, cream and tortellini; stir to combine. Bring to light simmer.
Cover and simmer over low heat for 10 minutes. Add asparagus during last 5 minutes of cooking until tortellini is tender and sauce has reduced.

(Courtesy of Family Features)

Call today for a
FREE Hearing test!



222-2484

819 E CENTURY AVE BISMARCK, ND 58053

FREE

45-DAY TRIAL!



**Primary and Palliative Care
in Your Home.**

CareThatComesToYou.org

800.929.8891

MISSOURI SLOPE ASSISTED LIVING

**Assisted Living with
an independent spirit!**



MISSOURI SLOPE
TAILORED CARE. INSPIRED LIVING.

Formerly Valley View Heights

**2500 VALLEY VIEW AVE
BISMARCK, ND 58501
701.221.3018
MISSOURISLOPE.COM**



**1 & 2 BEDROOM
APARTMENTS
AVAILABLE!**

Volunteer in Your Community

Lutheran Social Service of MN is seeking volunteers age 55 and over in your area to provide companionship to older adults. Volunteers commit to regular weekly hours for a tax-free stipend and mileage reimbursement. Please contact us at 701.389.3770 or AmeriCorpsSeniors@lssmn.org for more information and to make an impact in your community.



**AmeriCorps
Seniors**



**Lutheran
Social Service
of Minnesota**

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME Bill Clough

wclough@lpicommunities.com • (800) 950-9952 x2635



Join Us for Activities!



Join Us for a Movie—Fridays at 1:00 pm

April 4: Soda Springs, PG-13

A man goes to jail for a crime he did not commit. When he gets out, he tries to mend his relationships and gain a new name in town.

April 11: 23 Blast, PG-13

Based on an incredible true story. When a high school football star is suddenly stricken with irreversible total blindness, he must decide whether to live a safe handicapped life or bravely return to the life he once knew and the sport he still loves.

April 18: Closed for Good Friday

April 25: Me Before You, PG-13

A young woman with a charming personality is hired as a caretaker for an affluent Londoner paralyzed in a tragic accident who is contemplating ending his life.

COFFEE & CARAMEL ROLLS

Join us on Wednesdays at 8:30 am for coffee and \$1 caramel rolls!



Officer Caity Horne will join us on Wednesday, April 16 at 10:00 am to discuss current scams and issues to be aware of in our community.

COMPUTER & PHONE BASICS

Staff from the ND Center for Independent Living will be in the South Conference Room on Thursday, April 17 at 10:00 am.

Please bring your laptop, tablet or cell phone to receive individual assistance and learn how to get the most out of your technology!

These sessions are limited to **five** people, and pre-registration is required. Please call 255-4648 or stop by the Client Services Desk to sign up for this session.

CELEBRATION OF BIRTHDAYS & ANNIVERSARIES

Join us on Tuesday, April 1 for our monthly Birthday and Anniversary Celebration! Ice cream will be served at 12:30 pm, following the noon meal.



“JUST GET IT DONE SOMEDAY” QUILTING GROUP

The “Just Get It Done Someday” Quilting Group will meet in the South Conference Room on Tuesday, April 8 from 1:00—4:00 pm and on Tuesday, April 22 from 8:00 am—4:00 pm. This group welcomes new members! If you are interested, please call Lori at 255-4648.

TIME TO SOCIALIZE!



The Coffee Bar is open each day from 8:00 to 10:30 am. Come in for coffee and fellowship.

Join us for Caramel Roll Wednesday!

Caramel rolls (\$1 each) are served on Wednesdays from 8:30 am until sold out. Sorry, no take-outs are allowed.

Word Twist

Step into Spring

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words. Hint: Each puzzle has a common theme!

- | | |
|----------------|-----------------|
| lmoob _____ | wdoeam _____ |
| anrewel _____ | niar _____ |
| nisuhnes _____ | zeerbe _____ |
| sosbmlo _____ | ndgare _____ |
| htowgr _____ | waekninga _____ |

©LPI

Answers on the bottom of page 13.

The BCSAP Volunteer Advisory Committee is meeting on Tuesday, April 1 at 9:15 am in the Library.

Game Time!

Fun & Games

CARDS

Pinochle: 1:00 pm,
Monday, Wednesday, Friday
Bridge: 1:00 pm, Tuesday, Thursday
Hand & Foot: 1:00 pm, Tuesday, Thursday
Whist: 12:30 pm, Tuesday
5 Crowns: 12:45 pm, Monday

Pinochle, Bridge and Hand & Foot are played in the Rec Room. Whist and 5 Crowns are played in the Craft Room.

CORNHOLE



Cornhole is played every Thursday at 1:00 pm in the Fitness Room. Sign up weekly for cornhole at the Client Services Desk or call 258-4648. This game has a limit of 8 people/session.

BINGO

Join us for **BINGO** on Wednesdays at 1:00 pm. Bingo cards are \$1 each, and you may buy as many cards as you like. Purchased card(s) will be used for ALL games played. All sessions have 100% payout..



POOL LESSONS



Are you interested in learning to play pool? Or maybe you just need a refresher course to get going again.

Bill Beaman will be providing lessons for people who want to learn more about playing pool. These sessions will be held in the Rec Room on Wednesdays from 10:30 - 11:30 am.

Please sign up at the Client Services Desk or call 701-255-4648. There is a maximum of two (2) people per session. Must sign up monthly.

VARIETY OF GAMES



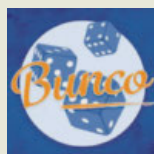
A variety of games are played on the 2nd and 4th Tuesday of each month in the Dining Room. This month's dates are April 8 and 22 at 1:00 pm.

TRIVIA

Trivia is played the 1st and 3rd Tuesday of each month in the South Conference Room. This month, Trivia will be held on April 1 and 15 at 1:00 pm. Trivia is a great way to trick your brain into learning and increasing your capacity to recall!



BUNCO



Bunco is played every Thursday at 1:00 pm in the South Conference Room.

CRIBBAGE

Cribbage is played every Wednesday at 10:00 am in the Dining Room.



FARKEL

Farkel is played every Tuesday at 12:45 pm in the Dining Room.

 **Word Twist
Answers**

Bloom
Renewal
Sunshine

Blossom
Growth
Meadow

Rain
Breeze
Garden

Awakening

©LPI

**Pool Tables are open daily from 8:30 am to 4:00 pm.
\$1.00 / day suggested donation.**

Support Groups & Free Services

HEARING LOSS SUPPORT GROUP

The Hearing Loss Support Group will not meet in April. The group will meet in May 2025.

ALLIANCE CENTER FOR HEARING

Representatives from Alliance Center for Hearing will be at the Senior Center on Thursday, April 10 at 11:00 am to provide hearing screenings and hearing aid cleanings. No appointment necessary!



LOW VISION SUPPORT GROUP



Betsy Hermanson, Vision Specialist from ND Vocational Rehabilitation will lead the Low Vision Support Group in the Library on Wednesday, April 2 at 10:00 am. This group is limited to 8 people.

Pre-registration is required. Stop by the Client Services Desk or call 255-4648 to register.

DEMENTIA CARE CONSULTANTS

Free individualized assistance, problem solving and identification of resources are available to individuals with memory loss and care partners through care consultation provided by the Alzheimer's Association. Call 701-258-4933 to schedule an appointment. If you need immediate assistance, please call the Alzheimer's Association 24/7 Helpline at 1-800-272-3900.

LEGAL SERVICES

Legal Services of North Dakota will be at the Burleigh County Senior Center on Wednesday, April 9 from 1:30 to 3:30 pm to meet with individuals by appointment only. **Call 701-222-2110, ext. 303 to schedule your appointment.**



GRIEF SUPPORT

GRIEF/LOSS SUPPORT GROUP

We all experience loss, whether it's through the death of a loved one, loss of mobility, health concerns, or the passing of a pet.

Having a safe place to talk about grief and learning ways to cope will help you on a long-term basis. Being with others who are having the same thoughts, feelings, and experiences is helpful to know that you are not alone.

Kathleen Meckler facilitates this group each Wednesday from 10:00 - 11:00 am. Newcomers are encouraged to join, however, we request that you contact Renee at 255-4648 prior to attending your first session.

CAREGIVER SUPPORT GROUP

CAREGIVER CONNECTIONS

Build a support system with people who understand. This group is a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system
- Exchange practical information on caregiving challenges and possible solutions
- Talk through issues and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

Kathleen Meckler, an Alzheimer's Association trained facilitator, encourages you to join her every Wednesday from 1:30 – 2:30 pm in the Arts & Crafts Room. Please contact Renee at 255-4648 before your first session.

Drive-Thru Meals & Parking

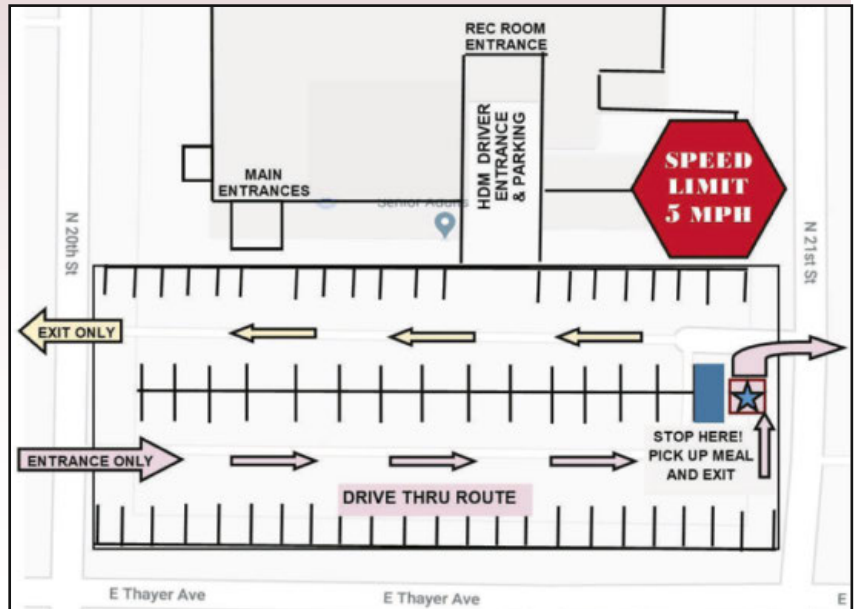
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 priority!

Clients may choose between a Congregate meal or a Drive-Thru Meal.

DRIVE-THRU CLIENTS: Proceed to the "star" on the map and wait there to pick up your meal. **Please do not get in the Drive Thru line until 11:15 am.** If you are early, park until 11:15 am. After meal pickup, please exit onto 21st Street (right turn only).

CONGREGATE MEAL/OTHER CLIENTS: Clients coming to the Senior Center for a meal, activities, or other reason, may park where they choose, following the one-way arrows.

Thank you for your cooperation!



DaWisePerry
Mandan Crematory

Preplanning services are available. Consider providing some peace of mind to your loved ones by making your wishes known.

4211 Old Red Trail • Mandan, North Dakota
(701) 633-3239
www.dawiseperry.com
office@dawiseperry.com
"Celebrating a life simply lived."

CHI Health at Home™
Offering Home Health and Hospice Services

Choose CHI Health at Home to provide your health care at home!

It's your HEALTH.

It's your HOME.

It's your CHOICE.

701-530-4500
CHIhealthathome.info

Volunteer Opportunities!

JOIN OUR VOLUNTEER TEAM!

Currently, volunteers are needed in the following areas:

- Home-Delivered Meal Drivers
- Substitute Shuttle Drivers
- Greeter/Kiosk Assistant
- Computer/Cell phone assistance for patrons
- Instructors for additional Line Dancing, Yoga and Drumming Classes
- Tai Chi Instructor
- A variety of jobs requiring a few hours one day per week

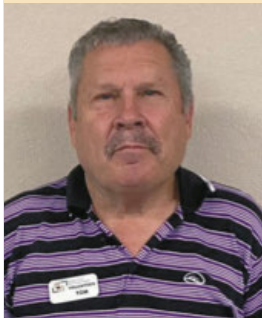
Volunteer as little, or as often as you like—we will work with your schedule! If you are interested, or would like more information, please stop by the Client Services Desk or call 255-4648.

Volunteers
Needed



Featured Volunteer

WE ♥ OUR VOLUNTEERS



TOM FEIST

Tom has been volunteering at the Burleigh County Senior Adults Program for about two years as a home-delivered meal driver.

Tom and his wife would come to the Senior Center to eat lunch and play cards. When he found out help was needed delivering meals, Tom decided to give it a try! He has been volunteering ever since!

Tom worked for the city for 40 years and retired at the age of 62. He has two sons, one in Minot, and one who recently moved back to Bismarck from South Dakota. He is also the oldest of three siblings.

When Tom is not driving for the Senior Center, he loves to golf. He also drives elderly people to their doctor's appointments when they are unable to take themselves. He and his wife also try to watch a movie together every night they can.

Tom loves volunteering for his community and helps as much as he can by filling in on open routes. He enjoys seeing new people and making others happy when delivering meals.

Thanks, Tom, for all you do!

Volunteers are the Heart of the Burleigh County Senior Adults Program!

We could not provide the level of service we do without your support! Whether you are delivering meals, helping in the dining room, leading an activity or everything in between, all are a very important part of what we do!

Thank you for the generous donation of your time and talents to our organization.

Please mark your calendar and plan to join us on Thursday, April 24 for our volunteer appreciation celebration. Your exclusive invitation will be in the mail soon. See page 3 for more information.



Health Maintenance

SUGGESTED CONTRIBUTIONS

In Office Services

Foot Care: \$25.00
(Full Cost \$89.32)

Blood Pressure: \$3.00
(Full Cost \$12.76)

Fasting Blood Sugar: \$5.00
(Full Cost \$12.76)

Home Visit: \$40.00
(Full Cost \$191.40)

(Includes any combination of above services)

Clients may, but are NOT required, to contribute toward the cost of services.

Foot Care Services are available by appointment only.

For an appointment at the Burleigh County Senior Center, call 255-4648, Option 3. When you arrive for your appointment at the Senior Center, please check in at the Client Services Desk.



Upcoming Foot Care Clinics:

- April 14: Wilton
- May 12: Wing
- May 27: Sterling

An appointment is required for the Wilton, Wing and Sterling Foot Care Clinics. To schedule, please call 255-4648 at least one week in advance. If no appointments are made at least one week in advance, the Foot Care Clinic will be cancelled.



CLARITY MIND & MEMORY CLINIC



Corinna Glatt Julie Tanous
Nurse Practitioners

CLINIC AND TELEMEDICINE
APPOINTMENTS AVAILABLE

Caring for individuals and families affected by memory loss, Alzheimer's Disease and other forms of dementia

3100 N. 11th Street, Suite #1 Bismarck, ND 58503
Call **701-712-0066** or visit memoryclinicnd.com to book an appointment today.



Services in the comfort of your own home to help you remain there for as long as possible.

- Assistance with Activities of Daily Living (ADL's)
- Companionship
- Safety Checks
- Meals
- Housekeeping/ Laundry & more!

Missouri Slope, trusted care for over 60 years
Now offering home care



www.missourislope.com (701) 221-9449

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



ADT Authorized Provider | SafeStreets | **833-287-3502**

NEED HELP!

Errands Run For You

Susan Kilber
391-2650



BISMARCK
funeral home and crematory

Locally Owned Funeral Home
701-223-4055
Contact info for account
3723 Lockport St. • Bismarck, 58503

BCSAP Policies

BURLEIGH COUNTY SENIOR CENTER HOURS OF OPERATION/ENTRANCE

The Burleigh County Senior Center is open Monday through Friday, from 8:00 am to 4:30 pm.

Please use the Main Doors located on the southwest corner of the building to enter and exit the building.

These doors are open at 8:00 am. Please do not arrive at the Senior Center prior to 8:00 am.

The Rec Room Exterior Door is no longer available as an entrance, and is designated as an "Emergency Exit" only.

The East Door in the HDM Loading Area will be open **FOR DRIVER USE ONLY** from 9:30 am until the last driver returns from their route.

All activities must conclude no later than 4:00 pm to allow staff time to clean and close up the building.

Please be aware of your surroundings prior to leaving the safety of your vehicle when coming here and going other places.

**Safety should be everyone's first concern.
We appreciate your cooperation
with this policy. Thank you!**



SPECIAL/HOLIDAY MEAL SIGN UP POLICY

***This policy is in effect anytime a ticket is required for the meal.**

Special/Holiday meals will be announced in the official BCSAP newsletter, *The Senior Sentinel*. Patrons will be able to sign up for the Special/Holiday meal at Client Services*. Sign up begins on the 23rd day (or following Monday if it falls on a weekend) of the previous month.

Patrons wishing to dine inside, **MUST** have a congregate meal ticket.

Patrons wishing to use the drive-thru, **MUST** have a drive thru meal ticket.

BCSAP staff is unable to provide a hot meal to patrons who do **NOT** have a ticket for the Special/Holiday Meal, however, a frozen meal will be available.

Patrons should also note that a congregate meal ticket cannot be used in the drive-thru and vice versa.

The 'every day' list will **NO LONGER** be used on a Special/Holiday Meal day. If 'every day' list patrons would like a ticket for the Special/Holiday meal, they **MUST** sign up at Client Services.

When Special/Holiday Meal tickets are no longer available, BCSAP Client Services will maintain a 'waiting' list. If a patron with a ticket has to cancel a meal, staff will then call patrons who are next on the waiting list to offer them the tickets.

*Client Services: Call 255-4648, or stop by their desk located in the main lobby of the Senior Center.

**Aging Services
Aging & Disability
Resource LINK**

1-855-462-5465

TTY 711

Website: carechoice.nd.assistguide.net

Email: carechoice@nd.gov

Is Medicare Advantage right for you?



powered by
SANFORD HEALTH PLAN

Join during
open enrollment
Oct. 15–Dec. 7

Whether you're new to Medicare or currently enrolled in a plan, we're here to help you explore your options to find the best plan for your needs. Our Medicare Advantage plans care for the whole you with Medicare Parts A and B, prescription coverage and extra benefits in one complete plan.

\$0

- Monthly premiums
- Primary care copays
- Medical deductibles

\$2,000 annual allowance for dental, vision and hearing expenses

Additional benefits:



Health navigator services



Dental coverage



Hearing benefits



Vision benefits



Fitness incentives



Prescription drug coverage



Care management

Visit align.sanfordhealthplan.com for a free guide to Medicare Advantage. Call **(855) 701-2299 (TTY: 711)** to speak with a licensed agent 8 a.m. to 8 p.m. CST, Monday through Friday.

Align powered by Sanford Health Plan is a PPO with a Medicare contract. Enrollment in Align powered by Sanford Health Plan depends on contract renewal. Sanford Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, or any other classification protected under the law. If you need language services or information given in a different format please call (888) 278-6485 (TTY: (888) 279-1549). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (888) 278-6485 (TTY: (888) 279-1549). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電(888) 278-6485 (TTY: (888) 279-1549)。

H6385_144-557-786-PY2025-ND-SD-IA_M H3186_144-557-786-PY2025-MN_M 144-557-786 6/24



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Burleigh County Senior Adults Program, Bismark, ND

G 4C 05-0634

Understanding the Nutrition Facts Label



Understanding the Nutrition Facts Label

The Nutrition Facts label on food can help us make healthy choices. Choosing healthier foods and drinks will help you meet the Dietary Guidelines for Americans. It can also help lower the risk of health problems like high blood pressure, heart disease and diabetes.

Reading the label:

1. **Serving Size:** All nutrient amounts listed on the label are for one serving. Make sure to read the serving size on the package and compare it to how much you eat. For some foods, the amount you eat may be more than one serving size.
2. **Calories:** The calories are in bold, large print. They tell you how much energy is in one serving of this food.
3. **Nutrients:** You can use the label information to get more of the nutrients you want to increase and less of the nutrients you may want to limit.
 - Limit these Nutrients: Saturated-fat, Sodium, and added Sugars.
 - Increase these Nutrients: Dietary fiber, Vitamin D, Calcium, Iron and Potassium.
4. **Percent Daily Value (% DV):** Can help you know if a serving of food is high or low in a nutrient
 - 5% DV or less of a nutrient is considered low
 - 20% or more of a nutrient is considered high

Nutrition Facts	
4 servings per container	
Serving size 1 cup (227g)	
Amount per serving	
Calories 280	
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

*The % Daily Value (%DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredient List: Tells you what the food is made of and if there are any common food allergens in it. Ingredients are listed in order of quantity. The first ingredient is what the product contains the most of. Try to pick foods with ingredients you are familiar with and words that are easy to read.

The nutrition label can be a useful tool for choosing healthy foods. We all have different dietary needs, and food nutrition labels can help us pick foods that support our individual health goals.

Seasonal Allergies

An itchy nose, watery eyes, painful congestion, and intense sneezing can all be signs you have a seasonal allergy. Depending on what part of the country you reside in, these symptoms might be caused by flowering trees or pollen-filled flowers. Allergies can be uncomfortable for people of all ages but can be managed with a little help.



Here's what you should know as you head into the spring allergy season.

How Allergies Impact Us

Allergies are the body's reaction to the immune system becoming sensitized to something in the environment. Experts say allergies can be problematic for adults for a variety of reasons. One concern is that allergy symptoms can exacerbate other chronic illnesses. For example, someone with a chronic pulmonary obstructive disease (COPD) might find their nasal congestion worsens and the shortness of breath they often experience is more pronounced.

Another concern is the use of antihistamines. These are over-the-counter medications that people often turn to in an effort to self-treat allergies. Antihistamines often lead to increased blood pressure. For older adults who have cardiac disease, this can be especially dangerous.

What Triggers Allergies?

The first step in managing allergies is to identify the triggers. Here are a few of the most common spring and summer allergy triggers:

Outdoor elements: Pollen, mold, grass, or dust are often the culprits, and they can be tough to avoid.

Pool chemicals: Chlorine in swimming pools can be another trigger, especially for red, scratchy eyes.

Smoke: Summer barbeques and bonfires are popular, but the smoke they generate can be irritating.

Bites: Insect bites and stings can be more than annoying for some seniors. This is often due to decreased immunity that is more common with aging.

While many of the symptoms associated with allergies can be present year-round, they often peak when the weather is warmer. There are steps you can take to manage allergies without medication.

3 Natural Remedies for Spring Allergies

Limit time outdoors: When peak allergy season arrives, it might help to limit the amount of time you spend outdoors. When you do head outside, take a few precautionary steps. Make sure you wear a mask that covers your mouth and nose. Another way to limit exposure is to take off your shoes and change your clothes in the garage or mud room. This not only reduces the amount of pollen you might be breathing in, but also prevents pollen from making its way into the house.

Control your environment: When the pollen count is high or when it's windy outdoors, keep your windows closed to limit the amount of pollen and dust from getting inside. Instead, use your air conditioner to cool the house. The same is true if you are inside a car. While the fresh air might feel good, you are exposing yourself to allergens as you travel.

Work around the pollen count: Be sure to monitor the pollen count. This is easier if you take advantage of one of the many free weather apps you can download on your smart phone. Your local television station likely has one. If not, The Weather Channel does. You can use your zip code to track allergens that are high in your area.

If none of the remedies listed above help, your primary care physician might need to order allergy testing. This will help pinpoint the source(s) of your allergies making them easier to treat.

This 'n That

MY SENIOR CENTER

Please check in on *My Senior Center* each time you come to the Senior Center and/or volunteer to log your hours. If you have lost your barcode key, or you are new to the Center and don't have one, please stop by the Client Services Desk.

BOOK MOBILE/SENIOR CENTER LIBRARY

On the 2nd Thursday of each month, the Burleigh County Bookmobile brings large print books to the Senior Center. If you would like to check out a book, stop by the Dining Room Desk. Books are on a 25 day loan and must be returned to the Senior Center when you are done. The Senior Center Library also has books for check out. Put your name and book(s) checked out on the 'checkout log'. Return the book when you are done. Please stop by the Client Services Desk if you have questions.

FALLS POLICY

The staff and volunteers of the Burleigh County Senior Center are not to lift anyone who has fallen. If a person cannot get up on their own, 9-1-1 will be called. Staff will stay with the person and make them as comfortable as possible until emergency personnel arrive.

NOT FEELING WELL?

If you are not feeling well, please stay home.

If you are at the Senior Center or one of our meal sites, and staff sees that you are under the weather, we will ask you to leave. Our goal is to keep clients and staff healthy, so please follow this request.

If you have Covid, RSV, the flu or another virus, please do not come to the Senior Center until you feel better and have been fever free for 24 hours.

THANK YOU FOR YOUR COOPERATION.

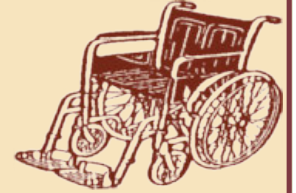
Like Us on Facebook!

Go to [Facebook.com/BismarckSeniorCenterND](https://www.facebook.com/BismarckSeniorCenterND) and like our page to view all the latest updates and upcoming events going on at the Burleigh County Senior Center.

ASSISTIVE MEDICAL EQUIPMENT

The Burleigh County Senior Center has medical equipment available to you on a 'loan' basis.

Equipment that can be loaned out for up to 90 days includes transfer/shower benches, walkers, canes, commodes, toilet risers, and other small items. There is a suggested donation of \$5.00 for each piece of equipment borrowed.



Wheelchairs and knee scooters are available on a limited basis for seven days only. A deposit of \$100 for wheelchairs and \$50 for scooters is required. Deposit is returned when equipment is returned.

SENIOR CENTER SHUTTLE

Shared transportation from your home to the Burleigh County Senior Center and back!

Transportation is provided within Bismarck and Lincoln city limits Monday through Friday from 8:15 to 11:45 am and 12:45 to 4:00 pm. (The last shuttle run is at 3:30 pm). Our shuttle allows clients of the Burleigh County Senior Center to enjoy meals, receive health maintenance services, participate in activities and socialize with friends at the Senior Center. The suggested donation is \$2.50/one way trip. Riders must be 60+ and complete a one-page registration form. No participant will be denied services due to an inability or unwillingness to contribute.

ALL ACTIVITIES MUST END NO LATER THAN 4 PM TO ALLOW STAFF TIME TO CLEAN AND SECURE THE BUILDING.

The Burleigh County Senior Adults Program and its governing board, the Burleigh County Council on Aging, assure that they will comply with Title VI of the Civil Rights Act of 1964, (P.L.88-352): If otherwise eligible, no person shall be denied or excluded from participation or benefits or be otherwise subjected to discrimination due to race, color or national origin. Any person, otherwise eligible, who feels he or she has been denied service from participation by reason of race, color or national origin should contact the BCSAP Executive Director at 701.255.4648.

Thank You, Donors

We sincerely thank the following individuals and/or businesses for their generous donations.
(Listed donations were received between February 1—28, 2025.)

Glenn Muske
Bonnie Holtz
JoAnne Monson
Cherie Schumacher
Bismarck Meals on Wheels

In Honor of "Just Get It Done Someday" Quilting Group
—Susan Kadrmaz

In Honor of Kelly Hickel & Marlene Knutson
—Katie Knutson



Burleigh County Senior Adults Program Giving Opportunities

The Burleigh County Senior Adults Program, a 501(c)3 nonprofit organization, accepts donations for its programs.

Donations can be made to:

- *Nutrition
- *Health Maintenance
- *Outreach Services
- *Life Enrichment Activities

If you would like to make a donation, please send it, along with this completed form, to:

BCSAP

315 North 20th Street
Bismarck, ND 58501



Enclosed is my gift of \$ _____ to the Burleigh County Senior Adults Program.

Please designate my gift to:

- Nutrition Health Maintenance
 Outreach Services Life Enrichment Activities
 Where it is most needed

My gift is In Honor / Memory of: _____
(Please Circle) (Name of person honored or memorialized)

Please send acknowledgement of my memorial/honorarium to:

Name: _____

Address: _____

GIVING LEVELS

Platinum: \$1,000 and up
Gold: \$500—\$999
Silver: \$200—\$499
Bronze: \$100—\$199
Friend: \$50—\$99

Your name will be placed on our giving wall with your donation, honorarium or memorial of \$50 or more.

DONOR CONTACT INFORMATION:

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Telephone: _____

Thank you for your support!

Burleigh County Council on Aging
 Burleigh County Senior Adults Program
 315 North 20th Street
 Bismarck, ND 58501

The Senior Sentinel is published monthly by the Burleigh County Senior Adults Program.
 315 North 20th Street • Bismarck, ND 58501 • 255-4648
 www.BismarckSeniorCenter.org
 Monday - Friday, 8:00 am to 4:30 pm

Subscribe

If you would like to subscribe to the Senior Sentinel,
 please mail or drop off this form,
 along with \$6.00 to:

Burleigh County Senior Adults Program
315 North 20th Street
Bismarck, ND 58501

Name:	
Address:	
City, State, Zip:	
Telephone:	
Email:	

If you would like to receive our newsletter via email
 free of charge, please complete this form and return
 it to us, or email the information to
 info@burleighsenioradults.org.

Please make checks payable to BCSAP.

Burleigh County Council on Aging

Dennis Bartsch	Judy Froseth
Oscar Blaskowski	Marv Heinert
Fred Browning	Arlene Olson
Tim Fischer	Darcy Rosendahl
	Jim Skaret

Burleigh County Senior Adults Program Staff

ADMINISTRATION

Renee Kipp, Executive Director
 Darla Roggenbuck Finance Director
 Penny Skjerseth, Administrative Assistant/Receptionist

CLIENT SERVICES

Kristle Meier, Manager
 Lori Koth, Program and Services Coordinator
 Rachel Hastings, Client Services Specialist
 Staci Caine, Client Services Specialist

FACILITY/MAINTENANCE

Dean Bauer, Manager
 Milo Schuster, Maintenance
 Levi Hlibichuk, Maintenance
 Aaron Sebastian, Shuttle Driver

HEALTH MAINTENANCE PROGRAM

Sheena Aaseth, RN, Manager
 Kristi Klein, RN

HDM/OUTREACH SERVICES PROGRAM

Ashly Norris, Manager
 Julie Zent, Social Worker
 Chantel Andersen, HDM Meal Services Coordinator
 Bobbie Jo Schmidt, HDM/Nutrition Support Coordinator

NUTRITION PROGRAM

Tyler Zent, Manager
 Raelynn Mitzel, Assistant Manager
 Brittney Kouba, Chef
 Tyler Salhus, Chef
 Blake Saunders, Chef
 Kent Bryan, Dishwasher
 Chadwick Castello, Dishwasher
 Nancy Olson, Crescent Manor Site Coordinator

BCSAP Volunteer Advisory Committee

Sue Ackerman	Karen Stahl
Bernie Brandner	Michael Stevenson
Tom Feser	Fran Stott
Cindy Lou Highley	